

1. A method of optimizing human growth hormone (hGH) replacement therapy in a patient comprising
 - providing patient data to a specially programmed computer having communication with a specialist in hGH replacement therapy located remote from
 - 5 said patient,
 - receiving information from said specialist regarding an individualized dose of hGH,
 - administering the individualized dose of hGH to said patient.
2. The method of claim 1 wherein said patient data includes data selected from the group consisting of an insulin like growth factor 1 (IGF-1) level, a testosterone level, a thyroid hormone level, and combinations thereof.
3. The method of claim 1 wherein said dose of hGH is provided in a container having dose information contained in a computer readable code, and said code is scanned into said programmed computer.

4. A method of determining whether a patient is a candidate for anti-aging therapy with human growth hormone (hGH) comprising

providing patient data selected from the group consisting of age, gender, hematology profile results, chemistry profile results, insulin like growth

5 factor-1 (IGF-1) level, testosterone level, a thyroid hormone level, and combinations thereof to a specialist in hGH replacement therapy using a specially programmed computer,

thereafter following a directive by said specialist for treating said patient with hGH if said IGF-1 level is lower than a normal IGF-1 level or said

10 testosterone level is lower than a normal testosterone level.

5. The method of claim 4 further comprising

providing said level of IGF-1 from a monitoring site where the patient is located to a specialist site where a hGH specialist is located,

determining said dose of hGH at said specialist site,

5 communicating said dose from the specialist site to the monitoring site, and

administering said determined dose at said monitoring site.

6. The method of claim 4 wherein said specialist monitors said patient administered with said hGH dose.

7. The method of claim 6 wherein said administered hGH dose is an initial dose.

[illegible]

9. A method for monitoring a patient receiving human growth hormone (hGH) as an anti-aging therapy by a specialist in said therapy at a location remote from said patient comprising

evaluating patient medical data entered into a specially programmed
5 computer communicating between said specialist and an on-site health professional to verify that said patient is a candidate for hGH therapy,
directing a dose of hGH to be administered to said patient and
monitoring said patient for responsiveness to said administered hGH dose.

10. The method of claim 9 further comprising a health professional at a location on-site of said patient entering said medical data.

11. The method of claim 9 further comprising a health professional at a location on-site of said patient administering said dose of hGH.

12. The method of claim 9 further comprising a health professional at a location on-site of said patient querying said specialist regarding said patient.

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69
70
71
72
73
74
75
76
77
78
79
80
81
82
83
84
85
86
87
88
89
90
91
92
93
94
95
96
97
98
99
100
101
102
103
104
105
106
107
108
109
110
111
112
113
114
115
116
117
118
119
120
121
122
123
124
125
126
127
128
129
130
131
132
133
134
135
136
137
138
139
140
141
142
143
144
145
146
147
148
149
150
151
152
153
154
155
156
157
158
159
160
161
162
163
164
165
166
167
168
169
170
171
172
173
174
175
176
177
178
179
180
181
182
183
184
185
186
187
188
189
190
191
192
193
194
195
196
197
198
199
200
201
202
203
204
205
206
207
208
209
210
211
212
213
214
215
216
217
218
219
220
221
222
223
224
225
226
227
228
229
230
231
232
233
234
235
236
237
238
239
240
241
242
243
244
245
246
247
248
249
250
251
252
253
254
255
256
257
258
259
260
261
262
263
264
265
266
267
268
269
270
271
272
273
274
275
276
277
278
279
280
281
282
283
284
285
286
287
288
289
290
291
292
293
294
295
296
297
298
299
300
301
302
303
304
305
306
307
308
309
310
311
312
313
314
315
316
317
318
319
320
321
322
323
324
325
326
327
328
329
330
331
332
333
334
335
336
337
338
339
340
341
342
343
344
345
346
347
348
349
350
351
352
353
354
355
356
357
358
359
360
361
362
363
364
365
366
367
368
369
370
371
372
373
374
375
376
377
378
379
380
381
382
383
384
385
386
387
388
389
390
391
392
393
394
395
396
397
398
399
400
401
402
403
404
405
406
407
408
409
410
411
412
413
414
415
416
417
418
419
420
421
422
423
424
425
426
427
428
429
430
431
432
433
434
435
436
437
438
439
440
441
442
443
444
445
446
447
448
449
450
451
452
453
454
455
456
457
458
459
460
461
462
463
464
465
466
467
468
469
470
471
472
473
474
475
476
477
478
479
480
481
482
483
484
485
486
487
488
489
490
491
492
493
494
495
496
497
498
499
500
501
502
503
504
505
506
507
508
509
510
511
512
513
514
515
516
517
518
519
520
521
522
523
524
525
526
527
528
529
530
531
532
533
534
535
536
537
538
539
540
541
542
543
544
545
546
547
548
549
550
551
552
553
554
555
556
557
558
559
560
561
562
563
564
565
566
567
568
569
570
571
572
573
574
575
576
577
578
579
580
581
582
583
584
585
586
587
588
589
590
591
592
593
594
595
596
597
598
599
600
601
602
603
604
605
606
607
608
609
610
611
612
613
614
615
616
617
618
619
620
621
622
623
624
625
626
627
628
629
630
631
632
633
634
635
636
637
638
639
640
641
642
643
644
645
646
647
648
649
650
651
652
653
654
655
656
657
658
659
660
661
662
663
664
665
666
667
668
669
670
671
672
673
674
675
676
677
678
679
680
681
682
683
684
685
686
687
688
689
690
691
692
693
694
695
696
697
698
699
700
701
702
703
704
705
706
707
708
709
710
711
712
713
714
715
716
717
718
719
720
721
722
723
724
725
726
727
728
729
730
731
732
733
734
735
736
737
738
739
740
741
742
743
744
745
746
747
748
749
750
751
752
753
754
755
756
757
758
759
760
761
762
763
764
765
766
767
768
769
770
771
772
773
774
775
776
777
778
779
780
781
782
783
784
785
786
787
788
789
790
791
792
793
794
795
796
797
798
799
800
801
802
803
804
805
806
807
808
809
810
811
812
813
814
815
816
817
818
819
820
821
822
823
824
825
826
827
828
829
830
831
832
833
834
835
836
837
838
839
840
841
842
843
844
845
846
847
848
849
850
851
852
853
854
855
856
857
858
859
860
861
862
863
864
865
866
867
868
869
870
871
872
873
874
875
876
877
878
879
880
881
882
883
884
885
886
887
888
889
890
891
892
893
894
895
896
897
898
899
900
901
902
903
904
905
906
907
908
909
910
911
912
913
914
915
916
917
918
919
920
921
922
923
924
925
926
927
928
929
930
931
932
933
934
935
936
937
938
939
940
941
942
943
944
945
946
947
948
949
950
951
952
953
954
955
956
957
958
959
960
961
962
963
964
965
966
967
968
969
970
971
972
973
974
975
976
977
978
979
980
981
982
983
984
985
986
987
988
989
990
991
992
993
994
995
996
997
998
999
1000

13. A system for monitoring a patient receiving human growth hormone (hGH) as an anti-aging therapy comprising

a specialist system accessible to a specialist monitoring said patient in communication with a non-specialist system accessible to a non-specialist administering said hGH,

a memory for storing data, and

a plurality of systems programs stored in said memory and selected from the group consisting of a screening program, a monitoring program, a dose calculation program, a calculated dose verification program, an administered dose verification program, a patient data program, an accessory function program, and combinations thereof.

14. The system of claim 13 wherein said monitoring program monitors the concentration of an analyte selected from the group consisting of insulin-like growth factor 1, testosterone, a thyroid hormone, and combinations thereof.

15. The system of claim 14 wherein the accessory function program is selected from the group consisting of posing and responding to queries, alerting the specialist or non-specialist, prompting for additional information, and combinations thereof.

16. A computer program product comprising
a computer usable medium having computer readable code
embodied therein for determining an individualized dosing regimen of hGH to be
administered to a patient for anti-aging hGH replacement, the computer usable
5 medium comprising
means for screening a patient to determine candidacy for hGH
replacement, means for calculating an initial dose of hGH for administering hGH
to said patient, means for verifying said initial dose of hGH before administering
hGH to said patient, means for verifying said initial dose of hGH after administering
10 hGH to said patient, means for monitoring said patient, means for evaluating data
for said patient, means for providing an accessory function, and combinations
thereof.

17. The program of claim 16 wherein said means for screening a patient
to determine candidacy for hGH replacement comprises determining said patient's
concentration of insulin growth factor-1 (IGF-1) and testosterone, and accepting
said patient for hGH replacement if said concentration of IGF-1 is at least 5%
5 below a normal IGF-1 concentration or if said concentration of testosterone is at
least 10% below a normal testosterone concentration.

18. The program of claim 16 wherein said means for calculating an initial
dose of hGH for administering to said patient comprises evaluating parameters
selected from the group consisting of age, gender, insulin growth factor 1 level
(IFG-1), testosterone level, hematology profile results, chemistry profile results,
5 and combinations thereof.

19. The program of claim 18 wherein said means for calculating said initial dose of hGH uses an input parameter of age \geq 40 years, IGF-1 level $>$ 5% below normal, a testosterone level \geq 10% below normal for males and \geq 30% below normal for females, a hematology panel substantially within normal limits, and a chemistry panel substantially within normal limits.

20. The program of claim 16 wherein said means for verifying said initial dose of hGH before administering hGH to said patient comprises entering and transmitting said calculated dose to a specialist in hGH replacement therapy and receiving confirmation of said dose by said specialist before administering said dose to said patient.

21. The program of claim 16 wherein said means for verifying said initial dose of hGH after administering hGH to said patient comprises entering and transmitting said administered dose by a non-specialist in hGH replacement therapy to a specialist in hGH replacement therapy.

22. The program of claim 16 wherein said entering said administered dose comprises scanning an encoded dose contained on a vial containing hGH using a scanning apparatus to enter said encoded dose into said program.

23. The program of claim 16 wherein said means for monitoring said patient comprises monitoring said concentration of IGF-1 in said patient throughout said hGH dosing regimen.

24. The program of claim 23 wherein said monitoring comprises monitoring a parameter selected from the group consisting of IGF-1, IGF-1 binding protein, and testosterone in a graphical form.

25. The program of claim 16 wherein said monitoring further comprises incorporating an alert feature in said program for a pre-determined IGF-1 concentration.

26. The program of claim 16 wherein said means for evaluating data for said patient comprises evaluating objective and subjective criteria for said patient throughout and upon completion of said hGH dosing regimen.

27. A computer program product for use with a computer system, the computer program product comprising a computer usable medium having program code embodied in the medium for causing the computer system to establish an individualized dosing regimen of hGH replacement therapy comprising at least a screening program to determine candidacy of a patient for said therapy and a dose calculation program to determine an hGH dose for said patient.

28. The program of claim 27 further comprising a program selected from the group consisting of a dose verification program, a patient data program, a monitoring program, an accessory function program, and combinations thereof.